



# **Tips for**

## **Grandparents *who are* Raising Grandchildren in Illinois**

These simple suggestions have been developed by the Task Force on Grandparents Raising Grandchildren in Illinois to assist older adult caregivers in their efforts to provide quality care for their family's children. The Task Force can be reached through the Illinois Department on Aging's toll-free Senior HelpLine, **1-800-252-8966** (Voice and TTY).

### **Nutrition**

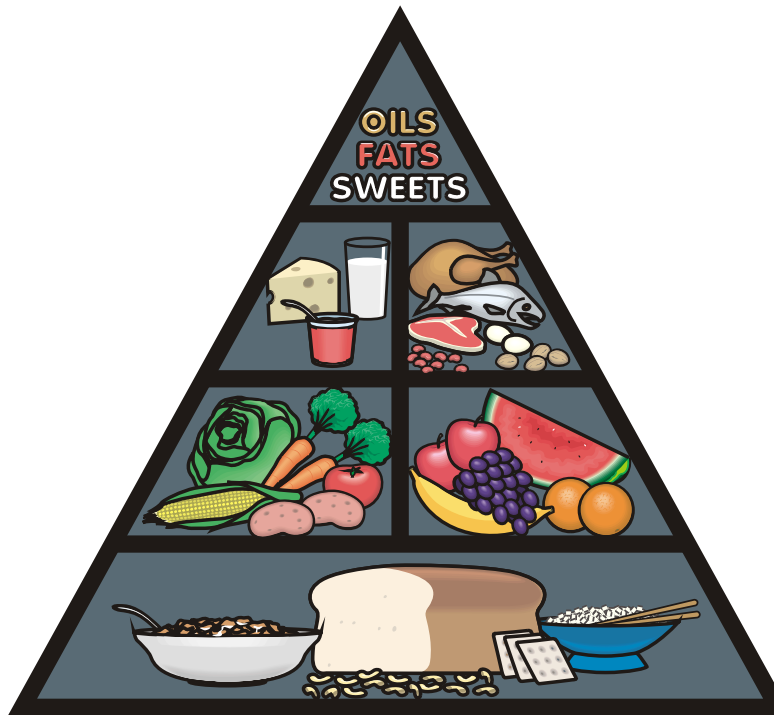
Food is made up of six components: fat, protein, carbohydrates, vitamins, minerals, and water. It is our body's fuel. The fuel not used each day is stored as fat. Foods are a mixture of protein, fats and carbohydrates. All three are different. For example, everyone needs to consume some fat every day to stay healthy. A little is good and necessary, but too much is harmful. There are two kinds of fat; saturated (which should be limited) and unsaturated. We get saturated fat from meat, eggs, and dairy products. Unsaturated fat comes from plants and includes olive, peanut, corn, safflower and sunflower seed oil. Less than 30% of the calories consumed each day should come from fat.

Some ways to reduce fat intake:

- Drink skim or 1% milk. Eat low-fat cheese and yogurt.
- Try fresh fruit for dessert.
- Use non-stick spray on pans.
- Eat poultry and fish instead of red meat.
- Avoid fried foods.
- Eat no more than three egg yolks a week.
- Increase fiber by serving fruits and vegetables. Make sure to wash fruits and vegetables thoroughly before cooking or eating.
- Choose whole grain breads and cereals.
- Read labels. A label that says "fat free" doesn't mean calorie free!

Include the children in food decisions by encouraging them to help make up the grocery list and help with shopping by reading labels.

The aim in protecting your grandchildren's future health is to reduce fat intake. However, it is important to remember that children need some fats, as they are a source of B vitamins which are important for growth.



**For more information, call:**

**Illinois Department On Aging Senior HelpLine**  
**1-800-252-8966**  
(Voice and TTY)